

ABSTRACT

5 The present invention provides a carbon heating
element having an arbitrary specific resistance and an
arbitrary shape which are arbitrary necessary as a
heating element, and a method of producing the same. The
carbon heating element is obtained by uniformly
dispersing one or at least two metal or metalloid
compounds into a composition having shapability and
10 showing a high yield of a carbon residue after firing,
shaping the dispersed material-containing mixture thus
obtained, and firing the shaped material under a
nonoxidizing atmosphere.